

Israel good to prisoners says Israeli judge

by David Stryker

Micha Lindenstrauss, a leading Israeli judge, says that there are no political prisoners in Israel. "Security prisoners" in Israel are only those who have been tried and convicted of terrorist activities against Israeli civilians, said the judge, speaking yesterday at a meeting sponsored by the Student Zionist Organization. Nobody either in Israel or the occupied territories has ever been arrested or detained on political grounds.

Lindenstrauss, who served for five years as a legal advisor to the Israeli army in the occupied territories and later as a special advisor to the Israeli Minister of Defense Shimon Peres, said that he could confirm that all persons accused of terrorism, whether Israeli citizens or not, were accorded the same rights as any other accused person in Israel.

About 2500 "security prisoners" (convicted terrorists) are presently being held, of which 330 have been found guilty of murder and have therefore been sentenced to life imprisonment.

Israeli law does not allow the death penalty.

Lindenstrauss, who has been involved in the trials of a number of terrorists, and has frequently visited the prisoners denies either any inhumane treatment or any unfair practices during the trials. He cited a case in which a prisoner publicly accused the Israeli police of having extracted a confession through pressure.

In fact, however, Lindenstrauss who witnessed the interrogation, said that the prisoner had confessed only after irrefutable evidence of his guilt had been shown to him.

Admitting that there have been cases of violence inside Israeli prisons, Lindenstrauss said that members of rival Palestinian and Arab groups had fought and murdered each other, but that Israeli prison authorities had never engaged in brutal practices, and that all prisoners received humane treatment that included free access to news, vocational training and adequate living conditions.

Israeli law, said the judge,

presumes the accused innocent until proven guilty. Trials are open to the public, the prisoners are provided with lawyers, and Arab interpreters are provided to translate for Arab spectators.

Lindenstrauss also mentioned that a "surprisingly large" number of convicted terrorists engaged in their activities not for ideological reasons but because they were paid both by Arab governments and the leaders of extremist organizations.

In view of the efforts being taken by the Israeli government to rehabilitate Palestinian and Arab refugees, Lindenstrauss said the Palestinian camps in the occupied territories were now more peaceful than ever before and that terrorist activities were confined to minority organizations.

He concluded by expressing his hope that Israel will continue to give aid to refugees and by stating that fair trials and humane treatment of prisoners will continue to serve as an example of Israeli democracy.

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Margaret Atwood speaking last night to a large audience in Leacock 132. Canadian poet, novelist, and literary critic, she is the author of such well known works as "The Edible Woman", "Surfacing", "Power Politics" and "Survival: A Thematic Guide to Canadian Literature". She gave a rendition of some of her poems followed by a question period, which was interrupted at one point by a shout of "Vive l'amerique".

From our readers

Palestinian answers judge

Rezeq Faraj, President of the Quebec-Palestine Solidarity Committee was born in Palestine. In 1948, he became a refugee and lived for a while in a refugee camp before coming to Canada.

by Rezeq Faraj

In Israel there are no political prisoners, says Judge Micha Lindenstrauss. This is a ludicrous statement. There were 3500 detainees in Israeli prisons in 1970 according to the Red Cross. The Palestinian Liberation Organization (PLO) has higher figures—16,000 detainees in 1974. It takes 90% of the detainees an average of 24 months in prison before they make it to court. When they do, they may face the same fate as 2500 Palestinians, most of them resistance fighters, who have already been condemned for life.

Lindenstrauss further asserts that prisoners have received fair trials. The studies conducted by Dr. Israel Shahak, Professor of Chemistry at Jerusalem's Hebrew University and President of the Israeli League for Civil and Human Rights, completely contradicted Lindenstrauss. The studies show the following:

- almost all convictions in the Israeli military courts in the

occupied territories, are based on confessions by the accused. • many prisoners deny their confessions in court and complain of being coerced under torture. They sometimes show evidence of their torture to

the court and offer to be submitted to medical investigation.

Instead of putting their political prisoners to death, the Israelis let the prisoners die under torture. Yes, it may be

true that Israelis and Palestinians are treated equally in prison, but this is because there are only six Jews that have been tried for helping the Palestinians.

Another Israeli tactic of ensuring submission, Shahak reports, is blowing up Palestinian houses. In 1969 alone 7554 houses were destroyed. According to Israeli newspapers and officials, the houses are blown up because the owner refuses to give information to the occupiers or hides a Palestinian commando. In other words, people have their houses destroyed because they refuse to collaborate with the occupiers. These facts can be found in numerous articles in the Israeli press.

Lindenstrauss' statement that the commandos fight because they are paid by Arab governments is the ultimate lie. Except for mercenaries (and they are mostly Westerners), nobody goes to death for money.

The Palestinian fighters are motivated by their desire for the simple right of self-determination — they are struggling for the recovery of their land from the Zionist colonialists and for the creation of a non-racist, democratic, secular society.

"The scale of the problem can be judged from the official Israeli figure of 3,700 non-Israelis in prison", the Economist said. "Arab estimates put the number at up to four times the Israeli figure. More than 1,000 of these are under administrative detention [that is, without charge], some of them for periods of more than two years."

"By subjecting to the same treatment confessed saboteurs condemned for political activity and innocent members of the Arab public who happen to fall under suspicion, the authorities are in fact achieving the one thing they presumably would like to prevent—a consolidation of Arab opinion within Israel behind the commando movement"

[Reuter, Daily Star, 22 March 1970]



This weekend

CUP Conference:
Attention Daily Staff

The Canadian University Press (CUP) regional conference is being held tomorrow, October 19 from 10:30 am on, at the Loyola News offices, 6931 Sherbrooke St. W., room Ad-128. Discussion will centre on establishing effective communication between Quebec CUP members.

Support Haitian Immigrants

Demonstration to oppose the deportation of 1500 Haitians and other immigrants by the Canadian Government will take place this Saturday, October 19, 1 pm, at Carre St-Louis [corner of St Denis and Sherbrooke, Sherbrooke Metro]. These immigrants face imprisonment and even death upon arrival in Haiti, a poverty-stricken island in the Caribbean ruled by one of the most repressive dictatorships in the world.

"THE OCTOBER WAR—
ONE YEAR LATER"

The Arab students of Sir George Williams University and the Quebec-Palestine Association invite you to an Arab dinner on Saturday night at 7 p.m. at 1455 de Maisonneuve W., 7th floor. The dinner will be followed at 8:30 p.m. by a conference on the aftermath of the October War. Speakers will be: Rashid Hussein, Palestinian author and poet, and Edward Said, a Palestinian and professor of comparative literature at Columbia University. The cost of the dinner is \$1.50 for students.

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ENTERTAINMENTS

Friday Feature Film: The Long Goodbye.
Saturday: L'Aventure C'est L'Aventure. \$ 5.
Both in FDAA, 7 & 9:30 p.m. Brought to you by
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Babysitter for occasional Friday or Saturday
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Babysitter wanted. 3-5 afternoons per week.
2:30-5:30 p.m. call: 739-8574.

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Daniel 842-0130 or 392-6776.

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762 Sherbrooke St. W.

Letters

MFS reveals the facts

To the Daily:

I suppose I should begin as my rival has done and start by saying this, I am writing with reference to Mr. Jeffrey Graham's letter, "M.S.E.A. in defence," which appeared in the Daily on Monday, October 7, 1974. I could open my letter as Mr. Graham has, but I will not, lest the Daily become the newest battle ground in war that has been prolonged far too long. It would be much too complaisant for Jeffrey and I to continue in this way — little said, and less done. Better to start with the facts and let you, the student, decide the issue.

1.) "Two McGill Groups Vie For Film Rights." There is only one film organization at McGill and that is the McGill Film Society. The McGill Film Society is an extension, an organization of the Students' Society of McGill University. Ms. Balkan's article "Two McGill Groups Vie For Film Rights," (Tues., Sept. 24) should read, "Students' Society And M.S.E.A. Vie For Film Rights," and not the other. It is a question not of two McGill Film Groups, but of Students' Society versus M.S.E.A.

2.) The McGill Film Society is directly subsidized by the Students' Society. Its President is approved by Council as is its film schedule, prices and business practices.

3.) The McGill Film Society does not generate an excess revenue, but operates on a break even basis. That implies that all films projected are at the lowest cost possible to students; and that those films that make an excess profit pay for those that bomb.

4.) No individual receives a wage for work done on behalf of the McGill Film Society. All time and effort is a complete donation. The McGill Film Society is run as a service to students and not as a service to those that run it. An individual benefits by being a member by receiving free admission to all films, use of the phone and office space, and good company.

5.) The McGill Film Society does provide projection services at a reasonable low price, and a workshop open to all McGill students. It also provides information concerning film distributors through the use of its extensive film catalogs and film index, not to mention a library open to all McGill students. The Film Society also offers its services to any student or organization at McGill wishing to find or rent films.

6.) The McGill Film Society does not provide employment, or organizational training needs, as other groups do. The McGill Film Society provides a service at the lowest possible price to McGill students. We show films to you, and that's what we're all about.

The McGill Film Society
John M. Martin President.

I've been here before

To the Daily:

As the issue of the Free Press editorship is not quite as dead as I thought it was, I would like to get my 2 cents in before it breathes its last.

First, I resent being dismissed as "not serious". I am as serious about the Free Press this year as I was when I applied for the same position last year. Just think, gentlemen, had you only appointed me then, you would have saved yourselves all this trouble.

However, back to my lack of seriousness. Perhaps the ASUS executive thought I was not serious when, asked if I would print minutes of their meetings, I said that I would rather send a reporter and get an unbiased opinion. Possibly it was my non-political attitude or my desire to investigate the administration of the buildings that we students spend the majority of our waking hours in that led the executive to their decision.

I fear the answer to these questions will remain a mystery, but in any case I wish Mr. Ress luck, and I hope he does not intend to abscond with the Free Press funds.

Debra Fogel

Episode two:

The Daily is disgusting

To the Daily:

I am appalled at the Daily's lack of taste and discretion, with reference to the photograph that accompanied the article "Women Teach Self-Examination" (October 10). I am in full agreement that gynecological information and illustrations of self-examination techniques should be made available to the female University community — but only through the proper publications, such as the Birth Control Handbook or Health Service literature. Certainly not displayed on the front page of a general campus newspaper!

Melanie Straus
B. Comm. U3

Daily is epitome of objectivity?

To the Daily:

Hopefully with the publication of the Free Press the McGill student body will be provided with a paper that displays a bit more objectivity and variety than the Daily now exhibits. After two years of Daily "relevancy" I for one am anxious for an alternative.

W.G. LeFurgy
Arts U2

Hadzipetros' support leaves

Ress cold

To the Daily:

I would like to personally repudiate the type of support of the ASUS executive's Free Press Decision expressed yesterday in Emmanuel Hadzipetros' letter (A "bourgeois, reactionary, fascist, sexist swine speaks out").

Theoretically, the Free Press, or any newspaper, is supposed to appeal to people with vital

awareness of and concern with political and social issues—and oppressions—in our society. By reinforcing the stereotype of the McGill student as an apathetic lump of jelly, complacently asleep and "not giving a damn", Mr. Hadzipetros does this campus a disservice.

Furthermore, he does me a personal disservice by the implication that I was chosen editor because I manifested the same unconcern that he does in the "isms" that he finds so abhorrent.

An open newspaper may not be presently possible at McGill, but the staff of the Free Press would like to try. It's a very simple idea, and perhaps someday it will catch on.

David Ress
Editor, ASUS Free Press

Solidarity with women

To Arts and Sciences Students:

The Workers' Support Committee wishes to express Solidarity with the struggle by the women's newspaper collective to gain control of the Free Press.

The sexist and undemocratic way in which the ASUS executive kept the editorship from the women is something which should not be tolerated by students in Arts and Sciences.

We urge students to support the women by signing their petition and coming to the Open Meeting of the ASUS to resolve the question. It's time to put an end to the ASUS executive's male chauvinism.

Workers' Support
Committee-McGill

ASUS executive undemocratic and sexist

To the Daily:

On the basis of reports in the Daily, it is clear that the proposal of the women's collective for editorship of the Free Press was rejected in an undemocratic and sexist manner by the ASUS executive.

It is an irrefutable fact that women have historically suffered systematic discrimination solely on the basis of their sex. Another word for this is oppression. We welcome any proposal which seeks to provide information about the oppression of women and we support any actions which are directed against sexist practices.

The proposal for an all-woman editorial and production team is not "sexism in reverse". It simply recognizes that such measures are necessary in order to redress, even if in a minor way, historical injustices which have denied women the right to acquire various skills and experiences.

In light of the manner in which the decision regarding the editorship of the Free Press was made, we support the organizing of a meeting to re-discuss this decision. Such a meeting would allow the presentation of the three proposals originally submitted to the ASUS executive, followed by discussion and a vote of all

those present to decide this question.

Barbara Stewart
McGill Young Socialists

Hadzipetros has big balls

To the Daily:

It is about time someone expressed an intelligent point of view in one of your letters. I am, of course, referring to Mr. Hadzipetros' letter of October 17. In my country, he would be called a "bulodo", a man with big balls. Big enough to recognize reality when it sits on his face. The remarkably sane statement from the Free Press and the expected garbage from the women's collective corroborate Mr. Hadzipetros' point of view. No one faction should gain control of such a powerful medium as a newspaper. All groups, ours and theirs, should have the right to express their feelings in print. A bigoted editorial staff, exclusive in its membership, would not have the social consciousness to accomplish this. I believe the basic premise should be integration of labour, not rotation as put forth by the collective. Perhaps the collective should take note of the editorships of the Daily and the Pot, the two most widely read student publications.

J. Julio Ramirez

Disturbed by controversy

To the Daily:

I am disturbed by the controversy between the Free Press and the women's collective. The goal of the Free Press is simple and straightforward: merely to produce a good student newspaper—a newspaper which is not sexist, not exclusive, not affiliated with any political group but rather a forum for a wide range of student ideas, which will provide any student, male or female, English or French, young or old an opportunity for growth by expressing their thoughts and ideas as well as receiving those of others. It should be a newspaper which will stimulate creative student thought and evoke student response and participation.

The women's collective would deny the student these objectives. The Free Press would no longer be a student newspaper run by students but a paper run by a feminist group. By denying males their rights as

students to join the editorial staff of the Free Press, the women's collective is publicly announcing that it will be run by a small select group, thus reflecting a singular philosophy. The women's collective sadly defeats the purpose of a student newspaper by refusing to incorporate any male student regardless of his journalistic abilities or desires on their editorial staff.

Regardless of their contentions or objectives this basic inequity creates a closed newspaper. They wish to eradicate past sexist repression by introducing a new form of repression. Is this new form of repression conducive to the growth potential of a student newspaper?

Steve Rossi
Free Press Editorial Board

IN CONCERT

by Don Wollicky

In Concert, located on St. Laurence St. below Notre Dame, is a jazz club that opened this summer.

Recent performances included one by Grover Washington whose music, while structured, was explorative and considerably helped by a tight back-up band. Cannonball Adderly's concert was one of the best Montreal has had for some time; the band played a blues-style jazz extraordinarily well, while Adderly and his brother Nat produced superlative music, the result of decades of playing together.

A concert by Gino Vanelli, commercially successful Montreal musician, on the other hand, was anticlimactic. The number of records an artist sells is not necessarily proportional to the calibre of the music he plays. Likewise, Carmen McRae, although a talented singer, could barely manage to overcome a loose and unrehearsed back-up band.

This week, In Concert is featuring Joe Farrell. Keith Jarrett will be coming soon, and in three weeks Mose Allison will be appearing. These are three "must sees" for any jazz fan, and even if you only like jazz a bit, you should still go to see Mose Allison. One word of advice: if you go, do so on a weekday night. It's less crowded and more comfortable.

What's What

CARIBBEAN STUDENT ASSOCIATION

First big fete! Saturday October 19, 8:30 pm. Union coffee lounge free admission.

SKYDIVING CLUB

CSPA cards now available at the office. If you have a car going to Malone this weekend please leave note at office.

PREMEDICAL SOCIETY

Dr. R.C. Long, Associate Dean (Admissions) of the Faculty of Medicine, will speak on "Medical admissions at McGill", on Monday, October 21 at 1 pm, in the Francis Seminar Room, on the fourth floor of the McIntyre Medical Building. A question and answer period will follow.

INTERNATIONAL COMMITTEE AGAINST RACISM

Founding meeting of Montreal chapter. Jacques Hamilton of the Gazette will speak on "Racism as it affects Haitian women" Thursday Oct. 24 8 p.m. Union 457-458. For more information call 731-1926.

Continued on page 8

The additives in our food: trading nutrition for convenience & profit

This article is reprinted from "The Food Paper" produced by the Food Study Group and published by the Chevron, University of Waterloo. It's best to read it while consuming a TV dinner or a sandwich of white bread and Kraft processed cheese.

Consider the food that many people eat every day; toast and cereal for breakfast, coffee and a donut during morning break; for lunch, vending machine sandwiches made of cheese slices; for supper a package of frozen fish and chips and canned peas, with ice cream and cake for dessert. Along with this goes the usual assortment of snacks, a can of coke and potato chips and delivery pizza while watching TV.

Food has changed a lot over the past few years. It is no longer just a matter of preparing meat, potatoes and a vegetable. The consumer is now offered an overwhelming array of pre-packaged and highly processed foods. The food corporations continually extol the virtue of their wonderful, new improved products. According to their public relations people these products save us countless hours of slaving over a hot stove; they are supposed to be safer, more convenient, more nutritious and better tasting than ever before. Yet it doesn't entirely fit. It is true that bread stays fresh forever but when was the last time that you really enjoyed a slice of bread? It is true that oranges are a nice orange colour but what happened to the juice and taste?

There is a great deal about food that we do not understand. The primary purpose of eating is to supply the nutrients necessary to sustain life, yet a study done for the department of Health and Welfare, Nutrition Canada, has shown that many people do not gain all that they should from their food. They discovered that 44 percent of Canadians have an iron deficiency, over 60 percent receive an inadequate amount of vitamin D, while 26 percent get an insufficient amount of calcium.

We are led to believe that we are one of the best fed nations yet many people are unable to eat properly. It is not simply a lack of money, (although of course it is easier to feed a family on \$15,000 a year than on \$6,000) for these deficiencies are evident in all income groups. Nor is it simply a question of education although that is a necessary first step. The problem with food in Canada is quite fundamental and we must begin to examine the reasons why we have become a nation which is overfed yet under-nourished.

As Canada became more industrialized the entire nature of the food industry was changed. Agriculture came to be regarded as just another field for economic activity and if a businessman were to invest a sum of money in any level of agricultural production, then he would expect what he considered to be a reasonable return of his dollar. As a result food became just another potential money maker. It made little difference to the businessman, or corporation, whether their money was invested in the auto industry or the food industry; the main criteria was profitability. The fact that it was

profitable can be seen by the size and well-being of such corporations, as General Foods, Zehrs, Kraft and Canada Packers.

The food industry has found it difficult to meet the twin goals of nutritional quality and profit. With only their conscience to guide them it is not difficult to figure which one they would choose. This has had obvious ramifications on our eating habits. The more processing which goes into a food the greater the opportunities for taking a profit. If a processor takes some peas, cooks them slightly and cans them, a small profit can be made. If those same peas are added to some french fries and a few chunks of meat then a much larger profit can be made by selling a "complete dinner".

The consumer ends up paying for the convenience of this way of eating in two ways. First, the cost per person is often double that of a cook-it-yourself meal. Secondly, the increased processing has destroyed more of the nutrients in the food. The value of your food dollar must be measured in terms of the nutrition that you get for it. Extremes of heat and cold, crushing, slicing, exposure to heat and cold all take a toll on the nutrients in the food. However, there is no incentive for the processor to develop manufacturing methods which would reduce the nutritional loss. His prime concern is increased efficiency through the reduction of cost.

Bread is one example of a food which has undergone a major transformation at the hands of the modern corporation. The next time you eat a sandwich, pause and really taste the bread; that is if the bread has any taste! Unless you are one of those people fortunate enough to have the time to make your own bread, or else live near a small bakery where they still care about their product, the bread probably tastes little better than cardboard. Bread is one of our staple foods yet not only is more

manufactured bread nutritionally deficient, but it also contains a long list of chemical additives which make it pure white, which keep it "fresh", and which serve any of a number of other chemical usages the modern bakery deems necessary.

Historically bread ceased being a staple food and became a convenient way of eating peanut butter or other filling when a new milling process was introduced in 1870. The steel grinding process enabled the millers to completely separate the endosperm layer of the wheat kernel from the bran and the wheat germ. The endosperm, when crushed, produces a fine white flour. Unfortunately, this flour contains little else but starch. Along with the bran and the wheat germ, almost all the nutrients are removed, including the vitamin B complex, vitamin E, and a large proportion of the minerals such as iron, copper, cobalt, the essential fatty acids and much of the protein.

The steel grinding process had various advantages for the millers and bakers. It made possible the complete removal of the wheat germ oil which had tended to turn rancid and spoil after a few days. Bread gained a much longer shelf life and could be kept in the warehouse or store for days and remain as "fresh" as ever. Later, shelf life was extended even more with the addition of preservatives which helped to delay the growth of molds.

The longer shelf life enabled the more ambitious of the bakers to gradually expand, since it was now possible to ship bread over much longer distances and loaves could be kept in the stores for a longer period of time. Mass produced bread became cheaper than the bread from the local bakery and these large, centralized bakeries gradually came to control much of the industry.

The assault against bread does not end by merely removing the nutrients. The

baking industry seems to follow a motto of "out with the good and in with the bad". Over ninety different chemicals have been approved for use in flour and bread including chlorine which is used as a bleach to get the flour whiter than white. No one has really explained why bread needs to be so white but chlorine also has the characteristic of causing the starch in the flour to swell. Since white bread is almost entirely starch, this has the added benefit of giving a larger volume of bread for the same amount of flour. Chlorine also destroys vitamin E and is destructive of the remaining protein.

Very few of the additives are of any apparent use to the consumer so one must assume that they benefit the manufacturer. Many of these chemicals are short-cuts in the manufacturing process. It is better for the bakeries to add a few chemicals such as yeast food than to have to wait for a longer more expensive natural process.

Other chemicals are used to deceive the consumer. Emulsifiers are used to increase the rate of water absorption so that much of the weight of bread is actually water. Emulsifiers also have the unfortunate characteristic of reacting with the starch in flour to produce an indigestible product, although this drawback has not prevented the bakeries from using them.

It is almost impossible to get good bread in Canada. Most whole wheat bread is little better than white bread, since, as with the white, much of the oil which contains vitamin E has been removed from the whole wheat flour to ensure a long shelf life. The same nutritionally destructive chemicals are used in the preparation of most Canadian breads.

The food industry

The food industry is a multi-million dollar business complete with misinformation, government complacency, and high pressured advertising. The general trend towards highly processed foods has been aided by large advertising budgets which dictate new eating habits.

The food industry provides the radio and television industries with 27% of its total revenue. The amount spent in just one month (August 73) was over three and a half million dollars with another \$787,000 spent in the press. These totals do not include any of the indirect expenses associated with advertising, including the cost of the ad agencies or the internal advertising costs within the companies themselves. Added onto this is the cost of all the give aways and special promotions.

The consumer pays for all of these expenses when he or she buys a given food product.

The advertising is primarily focused on the highly processed and convenience foods; so price goes up while food value goes down. Breakfast cereals provide a good example. Up to 19% of the sales dollar is used to cover the cost of advertising yet these cereals are little more than carbohydrates and sugar. Many of the nutrients are destroyed by the high heats and mutilations required to puff, snapple and pop them.



These so-called foods are then pushed at the children through their t.v. programs. There is little mention of food quality, only of free gifts and trips to Disney Land. As the ads say these cereals "along with milk and fruit are a good source of the essential nutrients". But then so is just plain milk and fruit and they don't come with an excessive coating of sugar. As the president of Kellogg's was quoted on a C.T.V. program, "Kellogg's is not in the business of nutrition".

The industry attempts to answer criticism about the nutritional inferiority of their products by adding a few synthetic nutrients and then calling their products enriched. The only problem is that, as in the case of the milling and processing of bread, 22 or 23 nutrients are removed while only 4 or 5 are returned. This is rationalized by dividing the nutrients into essential and non-essential nutrients and government regulations call for the addition of only the essential ones. It seems rather dubious that government and industry can legislate the nutritional needs of the body.

Enrichment fails on two grounds. First, only a few foods are enriched such as bread, milk (vitamin D) and breakfast cereals. Secondly, only a few nutrients are added and these are added quite haphazardly. For example, only three of the B vitamins, thiamine, riboflavin, and niacin, are added to bread. The problem is that these three vitamins can only work in conjunction with the other B vitamins. This means that to a large extent they are wasted and can even result in deficiencies of the other B vitamins. Does it make sense to manufacture nutritionally inferior products and then to enrich them? It does if it increases profits.

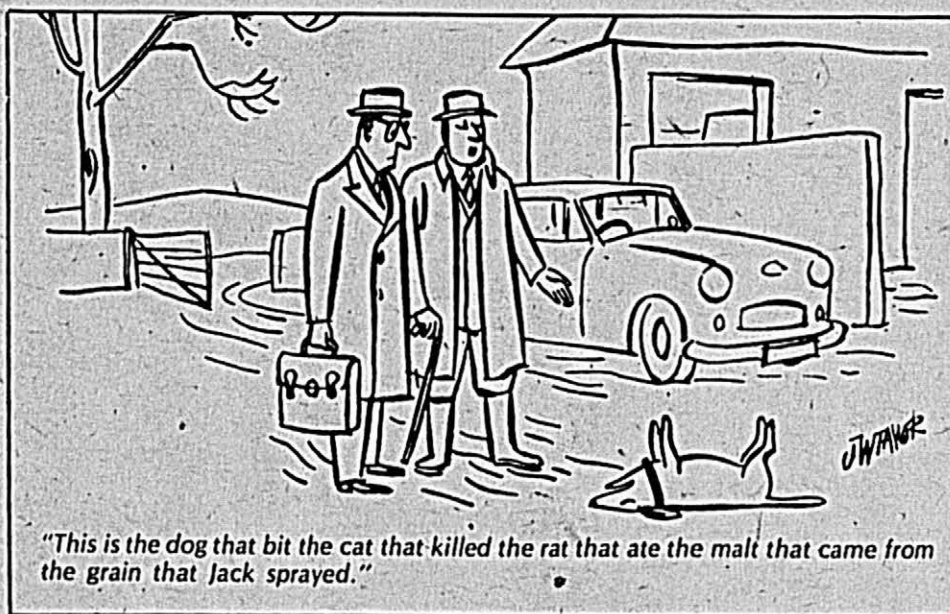
D.D.T.

There are many factors which have contributed to the decline in our standard of health; air and water pollution, the lack of exercise, the stress which come from our pace of living and so on. Yet much of this health problem can be linked to our diet in terms of what we do and do not eat.

There is no question that much of our food supply contains traces of poisonous pesticides. Farmers are spraying increasingly large amounts of these pesticides on their crops and residues remain on much of the food we eat. The nature of farming today makes it necessary to use intensive agricultural techniques and spraying is the most efficient way of controlling the various insects, weeds, and fungi that threaten the crops. Yet ironically these same intensive techniques only make the matter worse. Pest control could be simplified by better crop rotation, by better soil management, or by relying to a greater extent on mechanical or biological means to control the various types of pests.

The indiscriminate use of pesticides adds to the problem. Insects build up immunities necessitating the use of stronger and stronger poisons. There is no incentive for the farmer to use less hazardous methods and very little research is done on non-chemical pest control methods. Government supported research goes along with the idea that chemicals are the only means of control while the profit margins of the large chemical corporations depend on the increasing use of these chemicals.

D.D.T. accumulates in the body fat of people. There probably isn't a person alive in Canada who does not have some D.D.T. in their bodies and this poison is even found in the milk of nursing mothers. D.D.T. is known to cause birth defects in animals but there is little conclusive evidence regarding harm to humans.



Most of the human health problems involving D.D.T. have been discovered through direct contamination. People such as farmers and farm labourers who have been directly exposed to D.D.T. have shown a wide variety of effects including liver damage, learning disabilities, slurred speech etc. D.D.T. is also widely believed to cause panmyelophthisis, which is a wasting away of the bone marrow. The recent partial ban of D.D.T. has not helped the situation very much. D.D.T. has simply been replaced by its stronger cousins in the chlorinated hydrocarbons family who share similar characteristics.

For a few dollars more

As we saw in the discussion on bread, the poisons in our food are not limited to contamination on the farm. There are over 3,000 chemical additives currently in use. They have a wide range of uses; dyes to make the food look better, texturizers to give drinks a better mouth feel, flavours and flavour enhancers to give the food some taste, preservatives to keep the food from spoiling, emulsifiers to make a product smooth and creamy. Canadian law states that it is illegal to use any additive whose sole purpose is to deceive the consumer yet there is little doubt that most of these chemicals serve no other purpose.

An example of the way in which these additives can be used to take advantage of consumers would be to take a hypothetical case of two orange juice companies. Assume that the first is reasonably honest so that when you buy his product you get what you paid for. His competitor, however may not be quite so honest, say that he waters his juice down by 10 percent. In order to cover up he adds colour, flavour, texturizers, and the ordinary consumer could never tell the difference.

The second company has decreased his cost so he can sell at a reduced price. The increased profit can be used to launch a full scale advertising campaign to convince you that if you don't start your day with his product there is no use in even getting out of bed. In the long run which of the two companies would stay in business?

Unfortunately, the question of additives is more serious than just consumer deception. The vast majority of additives have never received adequate testing. The inadequacies of the testing procedures are indicated by the number of supposedly safe additives which were later withdrawn after evidence that they were dangerous to human health. Bromated vegetable oils for example, were withdrawn after tests had shown that they caused heart damage in rats, along with retarded growth, difficulty in digesting fats, enlargement of the kidneys and liver, and spleen and

thyroid damage.

Even when the evidence against a particular additive seems overwhelming the government often fails to act. Consider sodium nitrates and nitrites which are widely used and serve a dual function of preserving meat and keeping it a nice red colour. (The red colour keeps the meat looking much fresher than it actually may be.) In the Rx Bulletin (July/August '73), published by the Health Protection Branch (H.P.B.), it is admitted that nitrates do break down to form nitrites and that nitrites do combine with secondary amines, a substance found in a wide variety of foods, to nitrosamines. The H.P.B. does grant that nitrosamines have been linked to cancer in animals—however, they say that nitrosamines have never been shown to cause cancer in man.

Are you willing to take a chance on any substance which is known to cause cancer in animals just so you can eat red meat instead of brown? Several countries do quite well without them. Once again, the need for a preservative which is cheap and allows for a longer shelf life outweighs all other considerations. Freezing of the meat would be one way of eliminating the need for the nitrates and nitrites but this doesn't seem to be feasible to the meat-packers since it would increase their cost.

There is no way of knowing what side effects the 3,000 additives have on our health. Around fifty percent of Canadians suffer from some form of allergy problem. It is not known how many are allergic to the food additives they ingest daily. Doctors at the Allergy Department of the Kaiser Permanente Medical Centre in California have claimed that a diet free of artificial food colour and flavouring can help to eliminate the symptoms of hyperactivity; a sometimes serious behavioural disorder affecting 500,000 children in Canada. But there is no sure way of completely avoiding dyes and flavours since they are in almost every food we eat. Check the next pound of butter you buy. There will be no mention of the dye which was probably used in its manufacture. A yellow dye is used on the paler winter butter because the creameries think that consumers expect butter to be a deep yellow colour; the dye is used on summer butter so that it will be the same colour all year round.

Most of the additives could be eliminated without any loss to the consumer. The rise in their usage has paralleled the increasing domination of all aspects of agriculture by large corporations. Cheese would not have to have preservatives added if it was not shipped hundreds of miles. Synthetic flavours would not have to be added to almost everything we buy unless the more expensive natural flavours threatened profit margins. Oranges would not have to be

died if they were allowed the time to ripen on the tree.

The government agencies in both Canada and the United States who are responsible for protecting the consumers interest are firmly in the control of the food industry. Neither the Health Protection Branch nor the American Food and Drug Directorate have adequate facilities to test every new additive let alone the old ones.

When a company proposes the use of a new additive, it provides the H.P.B. with the results of feeding tests on animals. It is difficult to determine the long effect on humans by a few short term tests on rats; but if the rats survive then the additive is assumed to be safe for humans.

There are times that the system obviously fails. In 1969 a Quebec city brewery added a cobalt salt to help maintain the head on its beer. Between 50 and one hundred middle-aged drinkers in Canada, the U.S. and Belgium died from heart problems directly associated with drinking the beer. Where was the protection these people deserved? Why didn't the brewery or government detect the danger before it was too late? How many people suffered from heart damage that goes undetected? In this case the connection between the additives and the deaths was fairly straight forward. The next time a mistake is made it might not be so obvious.

Are we slowly being poisoned? Not all toxic substances are eliminated by the body. Some, such as D.D.T., continue to accumulate in the body. Each individual has her or his own tolerance level for these substances. You could consume a toxic substance for years and be fine and then one day pass your poison threshold and sickness and death could follow. Remember that we all consume these additives daily, young or old, sick or healthy. When industry and government talk about a cost/benefit you know who pays the cost in possible ill health and who reaps the financial benefit.

Some solutions

The best way of ensuring a more adequate diet is to avoid highly processed and take-out foods. To quote from Chemical and Engineering News, a trade journal, convenience foods are "prepared under severe conditions of temperature, pressure or agitation. Therefore they may require special flavourings, flavour enhancers, colours and additives to make up for a partial loss of flavour, colour, texture, and other properties caused by processing." These foods are of small nutritive value to your body.

Diet is often just a question of time and energy. In many homes in the Kitchener-Waterloo area both parents have to go to work to support a family and there is little time to prepare meals from the more basic food-stuffs. A wide variety of foods however, such as vegetables, beans, meat, potatoes, can be prepared in a few minutes using a pressure cooker. Salads are quickly and easily prepared and are a good source of nutrition. Soups and bean dishes can be prepared on the weekend for use during the week.

Baking your own bread offers another real alternative to the food industry. This is neither as difficult nor as time consuming as it may seem. Less than an hour of actual labour time will supply the average family with enough bread for a week. Any member of the family who can cook at all could probably find satisfaction in making good tasting nutritious bread. Find a good recipe, some whole wheat flour, preferably stone ground and try it for a month. Chances are you will never go back to eating store bread again.

McGill on the rocks

Curlers organize today

by Stewart Cohen

The McGill Curling Club will open its doors to 99.44/100% of McGill's curlers today, Friday, Oct. 18, 1:15 pm, in the Leacock Building, room 109. The reason it's at 1:15 and not at 1:00 is due to the predicted tardiness of our new and beloved whipping boy... er, ahem, I mean president, Richard Dubois.

This meeting will be an organizational meeting, co-educational, and the only one to be held before the games start. The first matches will be held at Town of Mount Royal Curling Club, Sat. Nov. 2, so anyone who misses the meeting will know where to go, assuming he or she has already contacted Richard D. beforehand.

Meanwhile, a team of brave, hardy, and out-of-shape MCC members, entered the Caledonia Early Bird Tournament, and played their first game last Monday against a team from St. Laurent, skipped by someone named Jim Ussel. For those who are not familiar with the local curling scene, this is the man who represented Quebec in the Brier last year, and came within 1 shot of winning it.

Well, as soon as the team found out who they were going to play, they decided to have a quick strategy meeting up at the

club's bar. After several hours of quick strategy, it was 'hic' decided to 'hic' play the game, and try not to lose too easily 'hic'.

Despite that, McGill came up with a superlative performance, with fine efforts coming from the entire lineup. The front end of Richard Dubois and Chris Labrador (he was subbing for Gerald Batt), combined with third Stewart Cohen (I've heard that name before) to give adequate support to skip Mike Cohen, a recent transfer from SGWU. The final score showed an 8-5 defeat, but it was 5-5 after 8 ends, and a missed shot in the ninth cost us 3 points, hence the final outcome.

Although we're now in the consolation event, there are other tournaments to come later this year, including the Brier zone playoffs, the National Mixed, the QUAA Men's, the National Junior Girls, and the inter-collegiate girls meets to be held against Ontario schools such as Carleton and Ottawa. Some of these are open events, so McGill can send an unlimited number of entries to these. Others, such as the QUAA, are restricted to only 1 team so there will be club playoffs to determine who will go.



Century-old-rivalry renewed

Harvard is coming!

It was in the spring of 1874 that David Hodger, Captain of the McGill Football Club made a move that was to have a profound effect on the development of the game of football in North America: he challenged Harvard to a game. Lacking games with other colleges because of a difference over rules, Harvard's captain accepted and two games were played at Cambridge in 1874 and a third in Montreal on October 23rd, 1874.

The Montreal Cricket Club was the location of that game (behind the present site of St. James the Apostle Church on St. Catherine Street West.) It was a combination of rugby under Canadian rules and a game under Boston rules that created much interest at that time. The egg shaped ball and passing, plus the drop kick, offside and free kick introduced by McGill, proved to be much more exciting than the soccer-

styled game practiced in Boston.

McGill lost their game with Harvard 3-0. Boo! Hiss! Here is a breathtaking account of that momentous event as told by a contemporary.

"There was a large and fashionable attendance at the Cricket Ground yesterday afternoon to witness the football match between the Colleges, Harvard and McGill. A few minutes past 3 o'clock, Mr. Hodger, Captain of the McGill team, kicked the ball off, and both sides at once buckled down to their work. For some time no advantage was gained by either until Mr. Wetherby, after a brilliant run, succeeded in obtaining a touchdown for Harvard. During the second half hour, the better condition of the Harvard team began to manifest itself, the ball being almost the whole time in the vicinity of the McGill goal, and another touchdown was eventually obtained by Harvard.

"It was now too late to turn the fortunes of the day, but as the game drew to a close the McGill team played hard and more together, though unable to prevent Harvard completing the goal with a third touchdown. Honour, however, is due to both sides alike; to the victors for their dash and energy that characterized their play throughout, and to the vanquished for the plucky perseverance with which they played a very uphill game. The Harvard men were superior in physique and condition, and the McGill men had evidently not played enough together, for they lacked the method and the discipline which is necessary on the football field as the battlefield.

This Saturday, October 19th, 1974, the McGill-Harvard Rugby rematch will take place at 4:30 p.m. in McGill Stadium. Admission is free and everyone is welcome.

McGill

The Cummings Lecture

LEWIS MUMFORD

The Age We Live In

A Personal View

Friday, October 18 8:00 PM Auditorium, L-132 Stephen Leacock Building McGill Campus

Third World Week:
Carnival Dance

**Trinidad
Mellotones Steel Band**

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Rugger juggernaut rolls on

Brian Davitt

If it hasn't become evident to everyone by now, a lot of people are watching the wrong sport (not to mention those that are simply vegetating on weekends). While our beloved Redmen were methodically crushed in a somewhat less than exciting manner, the McGill rugby team was notching two more victories in a couple of wild games. Not to knock the Redmen, but this just isn't their year—which is convenient since it coincides with a big year for McGill rugby, which is a far superior spectator sport anyway. In fact, if asking you to switch your alliances is a little much, let me request only that you stay around a little longer this Saturday after the Redmen game to cheer on the McGill Rugger in their centennial match against Harvard, celebrating that historic game won by Harvard exactly one hundred years ago to the week. Consider it.

Now, let's get down to those convincing victories. The first one was on Saturday against the MacDonald College team which made the unforgivable mistake of thinking that their loss to McGill the previous week was a fluke. It wasn't. They were convincingly smashed 16-0 despite the sluggish rainy weather. Whatever that took out of the McGill team, it wasn't enough as the following day they battled a very physical University of Vermont team. The outcome surprised everyone as McGill totally dominated the game, making only enough mistakes to make the score a semi-respectable 26-12.

The many noteworthy individual achievements are largely unaccountable as it takes a most alert spectator to piece together the individual stand-outs which combine to put points on the board. Still, as in all sports the glory goes to those who, with a little extra individual effort, are able to score points. The point-scorers

this weekend, of course, were many, with kicker Gordie Campbell scoring an amazing 18 points from an assortment of difficult angles. Next in point total was George Filliter, who with his powerful stride was on two occasions able to carry Vermont defenders into the end-zone with a third being stolen away because of a bush league foul on the part of a Vermont player (of course, he was played back by Craig Campbell who, playing the role of an overzealous tackler, accidentally sent him over a sideline bench). Another four points came from Martin Perry, a consistent scorer, with Kirk Hamilton, John Kohl and hooker Tim Perry each scoring their first tries as McGill players.

Aside from these glory bound individuals, we have others who, although they didn't score, made scoring a lot easier. First, credit must go to Peter Haynes, McGill's scrum half, who consistently spoiled the opposition's attempt to

mount an offense by upending his counterpart before he was able to pass off. Yet the intimidation award has got to go to John Shuter, who by his aggressive play forced more than one Vermont player to go beyond the conventional limits of Rugger brutality and violence (i.e. outbursts of flying fists). This honor was bestowed much to the chagrin of McGill's leading two intimidators, wing forwards George Filliter and

Peter Flory, who complained that one can only intimidate the opposition's runners when they have the ball, which unfortunately was rarely the case. This fact can largely be accredited to McGill's highly competent scrum which rarely failed to win the ball for its backfield. Overall, an excellent build-up for the game that counts. That game is 4 p.m. Saturday against Harvard. Admission is free, B.Y.O.B., you'll enjoy it.

Sports

10 P.m. & Midnight
Friday, Saturday & Sunday

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FOR ALL

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19 Oct. CARMEN BABY
20 BEYOND THE VALLEY
21 OF THE DOLLS
22 BUTTERFLY

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18yrs.

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OF PETER & JANE

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Internationally Acclaimed Program

Students Read 4.7 Times Faster and Retain More Thru New Method

by Joel Bonn

If you are a student in the truest sense of the word, or would like to be, then surely you would jump at the chance to increase your reading speed from 3 to 10 times with equal or better comprehension. Think of the time you would save, the additional course material you could cover, the better grades you could make — with free time to boot! A revolutionary newly revised reading technique, Reading Dynamics, has been proven and tested on almost 1,000,000 people which would allow you as a student to accomplish just this.

Since 1959, the Evelyn Wood Reading Dynamics course has trained almost a million people in the United States, Australia, Canada, and Europe. Graduates range from Senators, to professors to engineers to post-grad students, to secretaries and even astronauts. In fact, Reading Dynamics has been taught to top executives in many of Canada's leading corporations including C.P., Hydro Quebec and Sidbec-Dosco. Courses are currently going on at the External Affairs Department, and Dept. of Industry Trade and Commerce in Ottawa. One graduate of Reading Dynamics, Senator Talmadge

(D-Ga.) of the Watergate Committee, has said, "It is my opinion that if these techniques were instituted in the public and private schools of our country, it would be the greatest single step which we could take in educational progress. I think the public schools of Georgia could consider putting in the technique. It would be worth a hundred-million dollar a year appropriation."

Just what results can you, the student, expect? From the records of the approximate 200 McGill students and professors who took the course last year, the following statistics were tabulated: Average beginning reading speed — 240 wpm, average beginning comprehension — 72 per cent. Average speed upon completion of the course — 1541 wpm, average comprehension upon completion of the course — 84 per cent. This represents an average increase in reading speed of 642 per cent and an increase in comprehension of 12 per cent.

The Evelyn Wood Reading Dynamics course guarantees a minimum of 300 per cent increase in your reading speed. It uses no mechanical devices — only proven principles and sound methods. This is no magic pill, it takes both concentration and

effort. Through Reading Dynamics you break old reading habits and learn new reading and study skills. With this method you learn to read every word down the page, instead of across the lines, absorbing whole ideas at a time.

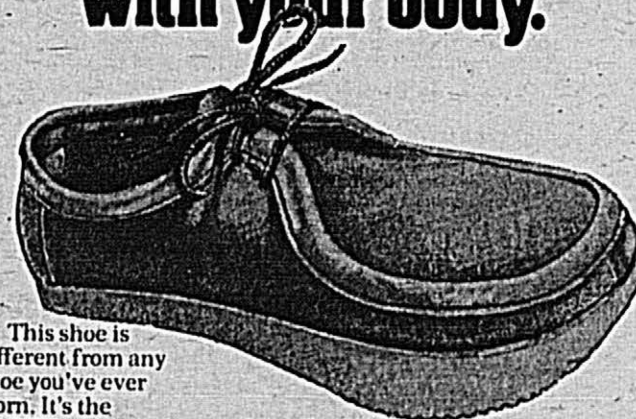
The results that have been achieved and the techniques that have made them possible will be demonstrated and explained at the Sheraton Mount Royal Hotel, Room M-37, Saturday at 11:15-1:15 and 3:15 and Sunday at 3:15, 5:15, and 7:15. If you cannot attend the free public previews, further information may be obtained by calling the National Registrar, International Reading Institute, at (514) 844-1941.

Considering these facts, can you afford not to investigate what Reading Dynamics can do for you?

P.S. This article is 483 words, how long did it take you to read it?

The preceding is a paid advertisement by the International Reading Institute, a Private School, approved and accredited by the Minister of Education, Government of Quebec, permit #749-833. Self Improvement Education, Personal Development.

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• KIDDUSH-SHABBOS MEAL
• STUDENT GROUP
• MINCHA AT SUNDOWN
followed by
SHALOSH SEUDOS (MEAL)

ALL SERVICES FREE OF CHARGE

What's What

Continued from page 3

CHAPLAINCY SERVICES

Have you any questions about the various religious faiths and their attitudes to the important issues of today? Come and talk with representatives of the Anglican, Jewish and Presbyterian faiths. Monday October 21 at 1 pm, Newman Centre, 3484 Peel St.

CHINESE STUDENT SOCIETY

Discussion group, Saturday, 8:30 pm in Union B26-7. All welcome. Theme: MCSS and MCEUS.

HANDICAPPED CHILDREN

S.O.S. Female volunteers needed at Y.W.C.A. In the pool Saturday, 4-5 pm. Located on Dorchester near Mountain. Phone 866-9941, the P.E. Dept. for more information.

FREE POETRY READING

Joan B. Thornton, 61 St. Catherine St. W., Sunday, October 20, at 2 pm.

GRADUATE STUDENT ASSOCIATION

Wine and cheese party Saturday, October 19 at 8 pm, at the PGSS, 3650 McTavish.

THE FREE PRESS

Create! Do your own bit—the ASUS Free Press needs talent. Call 842-0066.

MONTREAL JEWISH SINGLE GRADUATE ASSOCIATION

An association for university graduates up to 32 years old. If you are interested in people, dancing, sports, speakers, etc., call Lillyann or Marianne at 688-0745.

BRIDGE CLUB

Duplicate game every Tuesday at 6:45 in the Union coffee lounge. Important meeting at this week's game.

BAAL

Theatron Montreal presents Baal by Bertolt Brecht, directed by Eric Broque at "Cave Marlowe", 3838 Marlowe, NDG. Thursday, October 17 and Sunday, October 20 at 8:30 pm. Reservations required: 484-7617 or 288-0992.

NEWMAN CENTRE

Regular Friday night dinner for a dollar at 6 pm. All welcome. 3484 Peel St.

INTER RESIDENCE FILMS

This week's special: "Those Magnificent Men in Their Flying Machines" with Sarah Miles, Stuart Whitman, and James Fox. Showings: 7 and 9:30 pm. October 20, 3935 University St. Admission: 50 cents.

CARIBBEAN STUDENTS' ASSOCIATION

General meeting, Tuesday, October 22, 7:30 pm, Union B26. A speaker from Cote des Neiges will be featured.

RADIO MCGILL

Meeting for all those who responded to our ad for a weather person Tuesday at 5:15, Union basement.

WOMEN'S INTRAMURAL ICE HOCKEY

Sign up by Oct. 25. Games scheduled Oct. 30 through February. For more information call 842-3705.

ANTHROPOLOGY DEPARTMENT

Informal lunch meeting with professor Lewis Mumford, 12:15-2 p.m. Leacock 738.

PREVENTIVE MEDICINE SOCIETY

Free film and discussion on Schizophrenia, Wed. Oct. 23 8 p.m. Leacock 26. For more information call 522-9966.

Today

Diving Team:

Practice for men and women at Currie Pool, 12:15. All welcome, no team experience necessary.

Chinese Student Choral Group:

Join us at our first practice, 8 pm. RVC.

East Asian Studies Society:

General meeting for all those interested in joining, 1 pm, 3434 McTavish room 402.

Political Science Association:

Voting continues for reps — Leacock Lobby 9-5 pm.

WUS Craft Sales Week:

This is the last day to purchase items from 16 developing countries. Redpath hall from 10-4 pm. If you enjoyed the Third World Week and WUS Craft Sales Week, please let us know — ISA, room B-40.

Carnival Dance:

Featuring a Trinidad Steel Band — the Melotones. Union Ballroom, admission \$1.8 pm.

Malaysian-Singapore Student

Association:

Bus leaves Roddick gates at 9 am sharp for Saturday picnic, non-members welcome.

McGill Chinese Engineering Undergraduate Society:

Fall mixer at 8 pm., McConnell Engineering Bldg. common room.

Debating Union:

Last day to enter debating tournament. Open to all students. More info in Union B42.

Chinese Student Society:

Discussion group, Saturday at 8:30 pm in Union B26-27. All welcome.

Skydiving Club:

CSPA cards are now available at the office. Anyone with a car going to Malone this weekend please come to B-47 or leave a message.

Chabad House:

3429 Peel St. Daven, learn, sing, delicious meals, Friday 6:10 pm, Saturday 10-5 pm.

Co-ed Crazy Water Relay Night:

Sign your team of 3 guys & 3 gals up by 4 pm at G6 of Currie.

Biology Students' Union Field

Trip Program:

Meeting to discuss field trips at 2:30 pm in Stewart N 2/8.

Curling Club:

Very important meeting today at 1:15 pm in L109. This will be the only meeting before we hit the ice. All welcome.

Faculty Friday:

McGill Wind Ensemble, directed by Donald Hughes and McGill Symphony Orchestra, directed by Eugene Plawutsky in a joint concert. Redpath Hall, 8:30 pm. Free admission.

blood drive '74



Next Week Union Ballroom

Monday: 10 am until 6 pm
Tuesday: 10 am until 6 pm
Wednesday: 10 am until 9 pm
Faculty Nite, Fraternity Nite,
Residence Nite

Thursday: 10 am until 6 pm
Friday: 10 am until 6 pm

prizes, refreshments
celebrities, entertainment

BE A SPORT —
GIVE A QUART